

pocket-book, you can get lovely things, remnants, mill-ends, goods that are a little shop-worn, or soiled by handling, or faded in the windows, and many of these can be worked up into "just as good" garments as the new fabrics at a much less cost. With the work of the laundry and the dye-pot one can do much. White goods of a good quality can be bought cheaply, and when washed are just as good as the fresh garments that cost more because of their freshness.

If you are going to wash your spring frocks yourself, try it only on a clear day, and do the work in the morning. First put all the colored things, or white embroidered in colors, in a tub of cold water in which has been dissolved half a pound of borax to a tubful of water. Soak for an hour, then press out most of the water, with a wringer, if you have one, and put into a tub of water that has just boiled, with a quarter of a cupful of borax in the new water and half a pound of dissolved castile, or other good white soap. Rub lightly with the hands, and only a little rubbing is necessary unless very dirty in places, which should be attended to; then rinse in warm, clear water; no bluing, except for the all-white goods, and hang to dry. It takes very little time or strength to do washing in this way, and thus saves the housewife; it really does make the homemaker "nervous" to see pretty garments over which she has spent spare time for several days in making, put through the ordinary process of fading and yellowing the goods by poor washing. Once the things are properly conducted through the dangers of the wash tub, they can be ironed without fear.

**For the Table**

Many vegetables are served only by boiling or otherwise cooking with water or grease; but some of these are excellent baked. For instance:

**Baked Beets**—Wash well the beets, young or old, and be very

**THE KNOW HOW**

**To Feed Children and Get Good Results.**

There are more nervous persons made so by undigested food lying in the stomach than the average individual would suppose.

If food remains undigested in the stomach, it begins to ferment, set up gas and a large portion is thus converted into poison.

That's why imperfectly digested food may, and often does, cause irritation of the nerves and stupor of the mind—brain and nerves are really poisoned.

"My daughter had complained for some time of a distressed feeling in the stomach, after eating, which set me thinking that her diet was not right," writes an anxious and intelligent mother.

"She had been fond of cereals, but had never tried Grape-Nuts. From reading the account of this predigested food, it seemed reasonable to try Grape-Nuts for her case.

"The results were really wonderful. The little brain that seemed at times unable to do its work, took on new life and vigor. Every morning, now, before going to school, she eats the crisp little morsels and is now completely and entirely well, she seems to have a new lease on life—no more distress in the stomach, nor headache, but sound and well every-way." Name given by Postum Co., Battle Creek, Mich. Read the book, "The Road to Wellville," in pkgs.

"There's a reason."

Ever read the above letter? A new one appears from time to time. They are genuine, true and full of human interest.

careful not to break off the small rootlets as this will let the best of the vegetable escape. Put the beets in a baking pan and add a very little water, to keep from drying or burning, and bake until tender. Take from the pan, slip off the skin, sprinkle with salt, pepper and butter, adding a little lemon juice if liked, and serve hot. Young beets will boil tender, or bake tender with half an hour's cooking, but old beets will require three or four hours.

Onions are excellent baked. Take the onions as near equal in size as may be, remove the brown skin, cooking first for ten minutes in clear boiling water; drain this off, and dry the onions with a clean cloth, and lay in a baking pan; sprinkle pepper and salt over them, and add a little hot milk. Bake until done and brown, then lift into a hot dish or dishes, put bits of butter over each, and eat, piping hot, with plain bread and butter. This is excellent for colds.

The Spanish onion is sweet and much liked for eating.

If raw onions are liked, slice and lay in a dish; pour boiling water over them, let stand a few minutes, then pour the water off, and chill before serving. This will remove much of the sharp taste.

**Cheese Cake**—Take one-half pound of fresh cottage cheese made from sour milk; soften with a little milk; add two tablespoonfuls of melted butter and three or four eggs; mix well and sweeten to taste, adding vanilla or lemon if liked. Add sweet milk until it is thinner than griddle-cake batter. Line a baking pan an inch and a half deep with short puff-paste; pour into this the batter; sprinkle with nutmeg and place lumps of butter all around the edges. The butter will melt and in cooking, form a nice brown top. Try it.

**Odds and Ends**

If your lamp burns dimly, or smokes, look at the wick. It may be dirty. Boil the burner in soda solution, wash the wick well and dry, or put in a new wick; use only good oil, and keep the chimney clean.

If you are intending to take a pleasure or business trip, during the summer, try getting the pillow and "knapsack" ready now. Craven-ettted material is a good choice for the pillows, as being impervious to occasional wettings, and can be laundered. Or the pillow may have an extra cover of smooth linen, or silk, to be slipped over and fastened securely with buttons or snap fasteners. This should be about half a yard square, with strong straps at the upper corners by which to hang it over the chair top, preventing it from slipping down. The knapsack is just a flat bag, with a stout strap to hold or hang it by, and can be made to sling over the shoulder, if desired. It should have a few small pockets on the inside, and a flap to fasten down. In this one can carry small necessities, a book, or other articles which a traveler always finds a use for.

Hot salt water is a sovereign remedy for aching limbs caused by standing too much on the feet, or too prolonged walking, also for tired arms, hands and limbs after continued exertion or strain. The water should be as hot as can well be borne without discomfort, and have plenty of salt in it; but too strong salt water will make the flesh itch and burn. For a sprained ankle, bathe in hot salt water for half an hour, renewing the heat as it cools, wrap in flannel, and repeat the hot bath in three or four hours until relieved.

Owing to the bad handling of milk that is sold in the large towns and cities, a constantly increasing num-

ber of families use the evaporated milk, which, though it may be handled just as badly in the beginning is sterilized, and considered safer through the process.

**A Rich Stew**

Mrs. C. asks for a recipe for making Hungarian stew. This stew is strongly flavored with onion; it is what is called goulash, and is very much liked. Take two pounds of the cheapest lean meat; free it from skin, bones and fat, and cut into inch pieces. Slice an onion and fry it and the meat together in a little suet until the mixture begins to brown; put a layer of this in a kettle and cover with thin slices of raw onion, then a layer of the meat, and one of sliced onion until all the meat is used. Cover the meat with cold water and bring to a boil; when the water is bubbling, turn into the kettle a pint of canned tomatoes, but do not stir the mixture. Let simmer slowly for two hours, then add a dozen small potatoes and cook for twenty minutes more, then it is ready to serve. The stew must not be stirred, if it is possible to keep it from burning without.

**A Good Hash**—Chop whatever cold meats there may be, but good cold beef is best. Season the meat with salt and pepper, and add one-third as much cold boiled potatoes as there is meat; the potatoes should not be mashed; chop fine one small onion, and add to the mixture. For every two cupfuls of meat and vegetables put into the kettle a cupful

of boiling water, and in this a tablespoonful of butter for every pint of water. When the water boils, stir in the meat and potato and simmer gently for ten minutes, then thicken a very little to hold it together, and serve, either on toast, or to be eaten with other foods. If liked better, it may be made dryer and cooked in the oven, stirring occasionally.

Hash dumplings are liked. Prepare the hash and season in the usual way; have pastry a little richer than for fruit dumplings, roll out pieces large enough for the dumpling, and in the center of each piece put a large spoonful, or two tablespoonfuls of the hash. Gather up the edges of the pastry as any dumpling and pinch together. Put the dumplings in a baking pan, spread over the tops bits of butter, and bake to a rich brown, basting with a little melted butter once or twice. Any kinds of meat, poultry or fish can be cooked in this way.

**A Good Cement**

A cement which, when dry, is perfectly white, is made of a thick solution of gum arabic, in which is stirred plaster of paris until it is of the consistency to hold the pieces of china together. Coat the edges with the mixture, press the pieces together tightly, and remove all surplus plaster from the outside, tie or fasten the pieces together and leave undisturbed for a week or more to get thoroughly dried. It is claimed that when perfectly dry, it will not come apart.

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